Strategy Lesson Plan

**Time: 48 min.**

**1st-3rd Period**

**Co-Teachers:** Spencer Monson and April Hayes

**TPA Approved Lesson Plan Template**

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| **Relevant MN or National Standards** | | |
| 1. Demonstrates understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities. | | |
| **Desired Results** | | |
| **Co-Teaching: List the co-teaching style you’ll be using and why you have chosen this co-teaching method.**  -Teaming is the main method we have chosen because it is important to students to hear the skills from both instructors. We also both have our strengths within teaching different skills.  -One teaching and one assisting will also be incorporated into this lesson because as students are being instructed by one teacher the other will go around to help with individual work. | **Learning Objective: Key Understanding(s) you intend students to obtain:**  - Students will be able to properly perform bent over row, triceps dip, bench press, and squat. They will also learn which muscle groups are affected by these workouts. | |
| **Assessment Evidence** | | |
| **What do you want your students to know?**   * Have one foot on the ground and the opposite knee on the workout bench when doing a bent over row. Then slowly lift arm with weight in it up and releasing back down with smooth controlled motions. * When performing a squat they need to rest the weight bar on shoulders behind their neck. They will also keep their back straight and up right at all times. Once the bar is lifted off of the rack they will slowly lower their body bending with their knees until they hit a ninety degree angle. Then they will lift the weight back up and repeat. * When performing a triceps dip students need to have hands up on the bench behind them. They then should have feet out straight in front of them. Then they should lower body bending at the elbows until they make a right angle then raise back up in a slow and controlled motion. * When performing bench press students should have back flat on the bench then lift off the bar. They should bring the bar all the way down to their chest then raise it back up until their arms are fully extended then repeat. | **What do you want students to be able to do?**  - Properly perform an bent over row with a controlled motion so they get maximum arm/shoulder benefit and do not hurt their shoulder.  - Properly perform a squat so they get maximum leg benefit while not harming their body. Keeping back straight at all times and bending knees to do the exercise.  - Properly perform a triceps dip so they get maximum triceps benefit while not over extending and harming the shoulders.  - Properly bench press so they get maximum arm and pectoral benefit while not harming their backs. | |
| **Group Accountability (Formative Evaluation)**  **How will you check to see whether your class has met your learning objectives?**  - Person to person observation  - Demonstrate abilities to teacher. | **~~Individual Accountability (Summative Evaluation)~~** | |
| **Learning Plan** | | |
| **What key vocabulary/language will students need to know to meet the learning objective?**   * Squat- type of workout that works the lower body. * Bent over row- type of workout that works the arms and shoulders. * Triceps dip- type of workout that works the triceps muscle. * Bench Press- type of workout that works the arms and pectoral muscles. | **How will you teach this key vocabulary to enable students to meet the learning objective?**  Key vocabulary will be used in instruction, on the study guide, then through demonstration and feedback from students. | |
| **What is/are the Essential/Guiding Question(s) for this Lesson? (It should correlate to your learning objective.)**  -Why is it important lift weights?  -Why is it important to have a variety in your workouts? | **~~How will you differentiate for all the learners~~.** | |
| **Materials Resources Required:**  5 to 6 weight benches and dumbbells, 5 to 6 squat stands with weight bars. | | |
| **SCHEDULE OF ACTIVITIES** | | |
| **Method/Strategy**  (What will you do? What do you expect students to do? Include set induction and closing.) | | **Time Allotment** |
| Changing time | | 5 minutes |
| Warm-up: High-knees, jumping jacks (20), spiderman lunges, plank to cobra, arm swings. (April) | | 3 minutes |
| Class discussion about muscle groups used during lift lead up posture activities from day before. Including scapula slides, no money, hip raises, SLRDL, RDL. (April) | | 10 minutes |
| Instruction on squat, bent over row, and tricep dips (Spencer) | | 8 minutes |
| Students split up in groups of three. Half of the groups go to weight benches and do bent over row and tricep dips, other half go to squat stands and do squats. After 5 minutes have groups rotate, adding in a bench station. Goal is for each student to do 3 sets x 10 reps inverted row and tricep dips and 3 sets x 5 reps squats. (Both teachers guide students with workouts and ensure safety). | | 15 minutes |
| Closure: Once again explain why we do these workouts. Remind them to be ready for volleyball Thursday. | | 1 minutes |
| Class released to locker rooms to change. | | 5 minutes |